

## **Improving Basic Volleyball Bottom Passing Techniques through Pair and Group Methods**

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### **Abstract**

The aim of this research is to improve the learning outcomes of volleyball underpassing using the pair method for class This research method is classroom action research which follows the Kemmis and Teggat model. This research includes 2 cycles where each cycle includes 4 stages, namely planning, acting (implementation), (observation) and reflecting (reflection). The research time is 2 months, namely from July 2023 to August 2023 with research subjects of 18 students, while data is collected through tests, observations and assessment rubric sheets. The results of research on the results of learning to pass under volleyball in class This is proven by the class average obtained in Pre-cycle = 56, Cycle 1 = 65.3 and Cycle 2 = 76.3. This research concludes that using the pair method can improve learning outcomes in passing in volleyball.

Keywords: Bottom passing, Technique skills, Volleyball.

## **1 INTRODUCTION**

Physical education is an educational process through selected physical activities, games or sports to achieve educational goals. This definition confirms that physical education is an inseparable part of general education. The aim is to help children grow and develop naturally in accordance with the goals of national education, namely to become fully Indonesian human beings. So, physical education is defined as an educational process through physical activity or sports. The core meaning is educating children. What differentiates it from other subjects is the tools used and humans who move consciously.

The aim of physical education is included in the presentation, namely to provide agreement for children to learn various activities that foster and develop children's potential in physical, mental, social, emotional and moral aspects. In short, physical education aims to develop every child's potential as high as possible.

Volleyball games in Indonesia are under the auspices of the All Indonesian Volleyball Association or PBVSI. This organization is the parent of the sport of volleyball in Indonesia. The role of this organization is very important in making match rules and general regulations regarding volleyball in Indonesia.

The existence of this organization cannot be separated from the large community's interest in the sport of volleyball. The development of this sport in Indonesia is quite rapid, so it is felt that there is a need to create an organizational forum that regulates volleyball.

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## **2 RESEARCH METHODS**

Class action research comes from the English term classroom action research, which means research carried out in a class to determine the consequences of actions applied to a research subject in that class. Class action research was first introduced by United States social psychologist Kurt Lewin in 1946, which was further developed by Stephen Kemmis, Robin Mc Taggart.

In this research, the author uses a research model that refers to the research implementation process put forward by Kemmis and Mc Taggart (in Trianto), in planning this research, Kemmis uses a self-reflection spiral system that starts with. The steps of this research consist of the first stage, including (1) planning, (2) implementation, (3) observation, and (4) reflection. Meanwhile, the next stages include (1) plan revision, (2) action, (observation), (4) reflex.

## **3 RESULT AND DISCUSSION**

Based on the research results that have been obtained, prominent findings can be identified. These findings include: (1) Applying the pair training method can improve students' learning outcomes for volleyball underpasses; (2) Students enjoy learning about passing down; (3) Student motivation in learning increases; (4) Students' accuracy ability in passing under volleyball increases; (5) Student activity and discipline in the learning process increases.

Based on the research results, it can be explained that from cycle 1 to cycle 2, there was a significant increase in the learning outcomes of volleyball bottom passing using the pair training method.

### **3.1 Cycle 1**

Analysis of the learning outcomes of Volleyball underpassing for cycle 1 students regarding improving Volleyball underpassing for students at the Tunas Harapan Health Analyst Vocational School, East Jakarta using the pair method can be seen in the test results table above. Based on the table above, the results of the 1st cycle test can be explained, namely 9 students or 50% received a poor rating and 9 students or 50% received a fair rating, 0 students or 0% received a good rating.

The 18 students who were the subjects of this research, seen classically, had an average student score of 65.3. There was an increase in the average number of classes from 56 to 65.3. The average class score obtained in cycle 1 has not reached the Completion Standard. Therefore, researchers will continue research into the next cycle.

### **3.2 Cycle 2**

Analysis of the results of cycle 2 student training on improving the lower passing of Volleyball students at Tunas Harapan Health Analyst Vocational School, East Jakarta using

the pair training method can be seen in the test results table above. Based on the table above, the results of the 2nd cycle test can be explained, namely: 3 students or 17% got a poor predicate and 9 students or 47% got a sufficient predicate, 6 students 36% got a good predicate.

Classically, the average score obtained by students has increased very satisfactorily. In cycle 1 the average classical score was 65.6 in cycle 2 it rose to 76.3. The number of students who scored below the Complete Standard also decreased. In cycle 1 the number of students who got a score below the Complete Standard was 9 students or 50% of the total number of students. In cycle 2 there was a decrease to 3 students or 17% of the total number of students. This shows that students' progress is quite satisfactory. The results of this research are in accordance with the target desired by the author.

The reflection stage in cycle 2 shows that the results of learning bottom passing using the pair training method can improve the results of bottom passing in volleyball games. This is because in cycle 2, there was a very significant increase in student learning outcomes. The number of students who scored below the Completion Standard has decreased and the average student score has also increased. So the achievement is according to the research target, namely 70-80%.

**Table 1. Percentage Results for All Cycles**

Criteria	Cycle Comparison	
	Average student score	Classic strength
Precycle	56	16,6%
Cycle 1	65,3	50%
Cycle 2	76,3	83%

The bottom pass in volleyball is often used to pass the ball to a friend or receive a serve. Passing is giving the ball to a teammate. The principle is that it must be easy to accept. To learn how to pass down, simple playing activities and practice tasks are carried out as follows.

Preparation before doing the basic movement of passing down: Stand with your feet shoulder-width apart and your knees lowered so that your body weight is on the tips of your feet at the front, Bring your arms together and straighten in front of your body until your thumbs are parallel, Look in the direction the ball is coming from.

Basic movement of passing down: Push both arms in the direction the ball is coming at the same time both knees and hips rise and heels lift off the floor, Make sure the direction of the ball comes right in the middle of the body, The best contact point for the ball is right at the wrist.

End of the basic movement of passing down: Heels lift off the floor, Hips and knees rise and both arms straight, The gaze follows the direction of the ball's movement.



Figure 1. Arm Position When Passing

## 4 CONCLUSION

The results of data analysis and efforts to improve the learning outcomes of Volleyball underpassing for students at the Tunas Harapan Health Analyst Vocational School, East Jakarta can show some progress or improvement achieved while using the pair method, so the results of this classroom action research can be concluded as follows: (1) The pair training method can improve the learning outcomes of Volleyball underpassing for students at the Tunas Harapan Health Analyst Vocational School, East Jakarta; (2) The results of the research show that there was an increase in learning outcomes for underpassing in cycle 1, namely 9 students or 50% and in cycle 2, namely 15 students or 83% in the Volleyball game; (3) Students look very enthusiastic in doing pair exercises; (4) Students' passing ability has increased; (5) Student motivation in learning increases; (6) Student activity and discipline in the learning process increases; (7) Students' self-confidence also increases.

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